

# SPRING FORMAL

April 5th, 1968

TAM O'SHANTER

VOL. 1  
No. 2



DECEMBER  
1967

WATCH FOR  
GEORGE BROWN

WINTER  
CARNIVAL  
JANUARY 1968

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ALMIGHTY God—as you gave us the gift of Your Son, give us on the anniversary of His birth an awareness of what makes the miracle that is Christmas, the miracle that makes all men kin and makes rancors vanish, the miracle that momentarily lifts our eyes from the scribe about us and sets them on a star.

MAKE us aware that it is not the tinsel and trappings, the gifts and the glitter but the reborn striving for brotherhood that tonight makes the world hover on the brink of something wondrous.

ENDOW us with the wisdom to see that the outpouring of compassion that works the magic of Christmas is merely a momentary application of the Golden Rule. Thus, make us see, too, that we hold in our hands the power to build a heaven on earth under Thee.

REVIVE in us the kind of faith that could make it so, the kind of faith in which, long decades ago, we approached Christmas as little children—tranquil of mind, pure of heart and steadfast in our trust. The kind of faith that felt a bond with a Baby in a manger.

RESTORE in us that kind of faith so that as our voices are lifted in faith so our hearts are lifted to Thee in the inrush of understanding that sent shepherds and Wise Men alike to their knees on that first Christmas morn.

YET keep us ever mindful of our transgressions in doing and not doing; make us penitent for the man-made chaos we have allowed to encompass the globe; keep us ever aware that if we grope by ourselves we grope in vain.

CLEANSE us of the vanities that come with our petty triumphs; keep us ever conscious that the wonders of Your world around us dwarf anything that man in his conceit has conceived; create in us the kind of humility that made a King's Son a carpenter.

HOLD ever before us the realization that this world need not be a jungle, that it could be a garden. Make us ever aware that no man can stand upright while holding another down, that no man stands taller than when he bends to help another.

REMINd us always that our time is fleeting, that life holds too few minutes to have any of them blighted by mistrust and malice. And, confident of the ultimate answer, keep us from feeling any sense of frustration, of futility, as the months and years slip away from us. INFUSE in us a constant awareness of the real meaning of the star over Bethlehem, that beyond the trials and turmoils of this world there lies at the end a kingdom of peace.

SHOW compassion as with faltering steps we strive to find the path; have patience when we stumble; bear with us if we become bruised in a world torn by bickering and too often answer ill-will with ill-will.

TAKE from us all doubts, fears and unworthy yearnings and replace them with faith, courage and high ideals; create in us the tranquility to accept whatever befalls.

MAKE us ever aware that life is not a destination but a journey and that we are not aimless travelers but Your children. Keep us ever on Your path so that at the end we will arrive at the kingdom. ALL this we ask in the name of Jesus Whose birth we celebrate for the promise it brought of redemption from sin and life everlasting.

SEND us forth now with the determination to make the miracle of Christmas endure through the next 365 days, and the next, so that one day soon all men will be men of goodwill and peace will reign on this earth.

## The George Brown College of Applied Arts and Technology

George Brown; 1818-1880 Founding Father — Journalist Politician  
150th Anniversary, November 29, 1968

Son of Peter Brown, an Edinburgh merchant, and Isabella Mackenzie, George Brown was born forty miles up the Forth at Alloa, November 29th, 1818. He grew up in the Citadel of Scottish Education and within the High School and Southern Academy of Edinburgh.

At the age of twenty, George Brown migrated, with his father Peter Brown, to New York where, in 1842, they established the British Chronicle, a journal for British emigrants. In 1843, the Browns moved to Toronto where they launched the Banner (1843-1848), a Free Church Presbyterian weekly. In 1844 Brown founded the Globe as a weekly, and in 1853, it became a daily.

George Brown was a man of deep convictions. Under his forceful editorship, the Globe became a leader of political and educational enterprise. This was manifest when the Globe, in 1853, having absorbed its two main reform rivals, became a daily which acquired an influence unequalled by any Canadian journal since that day.

Through the pages of the Globe, and under the spell of his forthrightness, George Brown dominated the Liberal Party for over two decades.

George Brown opposed all church affiliated schools. He advocated representation by population, to give large population groups in western Canada their proper place in the Assembly. He ardently advocated the annexation of Hudson's Bay lands. His hastily reorganized Reform Party, which swept the western polls in 1857, was in 1858

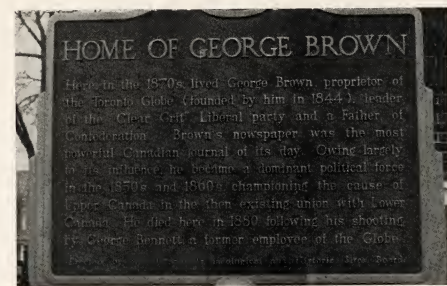
put out of power after Brown had ruled two days as Premier of the province.

1864 led George Brown to hold statesmanship when he agreed to enter a coalition government with his conservative rivals and the day he rose and walked forward to meet Sir John A. Macdonald in the Assembly he made possible the birth of Confederation.

Naturally, strong individualists could not always see eye to eye, and it was a distinct loss when he resigned from the government in 1865. However, he still ardently worked for and supported Confederation until its consummation. Sir John A. Macdonald, political giant that he was, so weakened Brown's leadership by taking able Liberals into his cabinet that in the elections of Confederation year 1867, George Brown was defeated.

George Brown withdrew from active politics, but exercised his editorial power through the leadership given in the pages of the Globe. In 1873, Alexander Mackenzie appointed him to the Senate where his influence was cut short in his sixty-second year by a bullet fired by a disgruntled employee. May 8th, 1880, was coronation day for a great Scot, a commanding journalist, and ardent politician and a Founding Father.

It is fitting that in this year of Canada's Centennial, the leading Provincial Institute of Trades, itself a pioneer in so many areas of technical, technological and apprenticeship training, should be the College of Applied Arts and Technology to bear his illustrious name.



The Historical Plaque

### George Brown College of Applied Arts and Technology

The members of the Board of Governors for the George Brown College of Applied Arts and Technology:

<b>Chairman</b> Mr. William B. Trimble	— Vice-President of Ryerson Polytechnical Institute
<b>Vice Chairman</b> Mr. Graham Gore	— Director of Education for the Toronto Board of Education
Maria Brodzki	— Business Manager of the Polish Voice
Professor James Ham	— Dean of Applied Science and Engineering, University of Toronto
Mr. Gower Markle	— Director of Education and Welfare for the United Steelworkers of America, Toronto
Mr. R. D. Wolfe	— President of Oshawa Wholesale Ltd.
Alderman Kenneth Dear	— Toronto City Council
Alderman Hugh Bruce	— Toronto City Council
Alderman Richard Horkins	— Toronto City Council
Alderman Charles Caccia	— Toronto City Council

## WHAT IS A COMMUNITY COLLEGE?

Mr. Norman Sisco, Director of the Applied Arts and Technology Branch of the Ontario Department of Education, prepared the following statement for CONTINUOUS LEARNING, September-October 1966, issue.

The Education Act of June 1965 and its Regulations of the following October brought into being in Ontario a system of "community colleges," the Colleges of Applied Arts and Technology. A Council of Regents was set up for the province, and the machinery that would appoint local Boards of Governors in 18 college districts set in motion. Priority was given to some localities in which the need was urgent and to others in which there already existed the nuclei for college expansion; the provincial institutes of trades and technology; the Ontario vocational centres.

The aims of the Colleges of Applied Arts and Technology are those of education:

- To provide the individual, to the limit of his capacity, with the facts and techniques necessary to support himself throughout his life in the most satisfying manner at the best possible standard; thus to promote, through individual economic stability, the economic stability of the nation.
- To engender in the individual, worthwhile values, cultural and humane, that his relationship to others and to society may be a rewarding one; thus to advance, through individual commitment, the enlightenment of man.

A secondary aim underlies these: to create programs of study that will be at once multi-level and open-ended, that the student may progress from basic education as far as his inclinations and ability will carry him. There is no reason, therefore, why the "late bloomer" may not work through the college program into very responsible positions in business and industry, or enter the university to continue his studies. In this connection, too, the university itself may, under the Act, institute within the colleges its own courses, which it will direct and teach. Such courses, when and if they are implemented, however, must play a secondary role in the colleges, lest the "community" concept on which the colleges are based be destroyed; at present, and in the foreseeable future, Ontario does not lack university seats.

The individual college will maintain, at least for the present, four divisions:

1. Technological Division: three-year programs in engineering technology, including textiles and industrial management as these are now offered in the provincial institutes of technology and at the Ryerson Polytechnical Institute.
2. Technical Division: this division will concentrate on the two-year engineering technician courses now being offered in the provincial trades institutes and vocational centres. To these will be added the apprenticeship courses sponsored by the provincial Department of Labour and any number of short courses deemed advisable for localized areas by the Boards of Governors.
3. Business Division: the three-year business administration program now in the provincial institutes of

(Continued on page 4)

# Romance Of Royal Clocks

## Timepieces Are Fascinating And Some Are Designed With Amazing Ingenuity — Souvenirs Of Romance And Of Tragedy.

By E. R. YARHAM, in the *Farmer's Advocate*

At each of the Royal residences there are scores of clocks, and the task of adjusting them twice a year to conform with the Summer Time takes the clock-winders many hours to complete. The Royal collection of clocks is, in fact, one of the most extensive in existence. During the war most of them were put away for safety.

At Windsor Castle there are no fewer than three hundred and sixty clocks, at both Buckingham Palace and Sandringham about one hundred and sixty, while Balmoral has approximately two hundred and fifty clocks.

The Windsor Castle collection of clocks is one of the most valuable in the world and one in which King George VI took keen interest. Queen Mary is exceedingly fond of many of the old specimens, for she is an expert in such antiques. The time-pieces are of all shapes and sizes, many unique, but although some are hundreds of years old the majority of them keep excellent time.

King George's grandfather instituted a rather quaint custom at Sandringham when he was King. There all the clocks, not only in the Royal residence, but all over the estate, were kept half an hour fast. King Edward VII, who disliked being late for any occasion, maintained this rule and thus established a kind of Daylight saving Plan long before Parliament made it a national institution in the United Kingdom.

Naturally, among the nearly thousands of clocks which are to be found in the Royal palaces, some are outstanding. The most remarkable, at least in some respects, is the great clock in the turret over the State entrance in the grand quadrangle of Windsor Castle. This seldom varies more than a second a day, although it has been going for over a century. It has a dial 7 feet in diameter and is wound by a double multiplying jack requiring a thousand revolutions to raise the weights. It is one of the finest timekeepers known and when the wind is in the proper quarter its chimes can be heard three miles away.

Over Anne Boleyn's Gateway at Hampton Court is a clock which was originally at St. James Palace, and which was sent to Hampton Court by William IV. There is a superstition that the clock always stops when any resident of long standing dies in the Palace. The story is founded on the fact that James I's Queen, Anne of Denmark, died early in the morning of March 2, 1619, and at that moment the clock was striking four. It immediately stopped.

In the Clock Court is a very ancient clock, adorned with the signs of the zodiac, and various astronomical figures. It was erected during the reign of Henry VIII, and shows the hour of day or night, the month, the day of the month, and the number of days since the beginning of the year; the various

phases of the moon, its age in days, and the time of high water at London Bridge. This remarkable clock takes nearly half an hour every week to wind up.

In striking contrast to these huge time-pieces is Anne Boleyn's wedding clock, which stands only 4 inches high but is one of the most treasured of all the Royal clocks. It has been valued at some £10,000.

The clock was bought in 1530 by Henry VIII from a Frenchman and presented to Anne on the morning of her wedding. It is finely engraved with the Royal Arms of England, quartered with the Arms of France, and on the weights are the initials H. A., and true lover's knots. Round the top of the clock is the motto *Dieu et mon droit*, and round the bottom runs the inscription, *The Most Happy*.

One of the most curious of the Royal clocks is in Buckingham Palace. Made in the reign of Louis XV, it consists of a model of a negro's head, the time being shown in her eyes. In one the hours are indicated, and minutes in the other.

Probably the most magnificent time-piece of all in the Windsor collection is in the form of a sunflower. This is set amongst a bouquet of other flowers in Dresden china, the whole being contained in a Dresden china vase ornamented with landscape views on a white ground. The vase is mounted on a wavy pedestal of the same material, carried on an ornolu base from which spring four candelabra arms decorated with foliage and scrolls of ornolu. George III was keenly interested in clocks, and he gave £2,000 for the so-called "Cuming Clock," which is still at Buckingham Palace. The famous novel clock is that at St. James's Palace. The bell is, as a matter of fact, even more famous than the clock, which is about a century old. The bell, on the other hand has been in use for nearly 300 years, for it bears the inscription: "William Own made me, 1660."

A noted clockmaker of the eighteenth century was one John Arnold. He made a ring for George III and inserted in it a diminutive watch, and the Monarch rewarded him with five hundred pounds. The Emperor of Russia offered Arnold one thousand pounds — a fortune for those times — for a similar watch, but he refused. An interesting fact is that the BBC's first time signal was given not from Greenwich but by a watch made a couple of centuries back. Arnold made it for one of the sons of George III, who, however, returned it with the statement that he "wanted a watch, not a warming pan." This watch has a marvellous mechanism, and every week it is tested at Greenwich, afterwards being taken round to various watchmakers' premises, where the exhibition of it sets their clocks and watches correctly.

The Stuart Kings were also greatly attracted to the art of clock-making, and it was Charles I who incorporated the Clockmakers' Company. He did all he could to encourage the craft of clock and watch making in England. Among other things the Company's Charter forbade clocks, watches and alarms from being imported.

A tragic relic of that Monarch still survives. This is a "clock-watch," given to him by Sir Thomas Herbert on the morning of his execution. The face is beautifully engraved, while the back and rim are elaborately chased. From its undoubted genuineness this must be considered as one of the most interesting relics of the unhappy monarch.

A year or two back there died Mr. Herbert Green, who for many years was regarded as one of the greatest authorities on clocks in the country. One of his most precious possessions was a clock having an inscription on the inside bearing the legend that it gave the signal for the execution of King Charles in 1649.

Another priceless clock bears the inscription, "N. Vallin, 1598." The clock

is in the form of a temple, and Mr. Green believed the clock was made by Elizabeth's own clockmaker, Nicholas Vallin. The mechanism is perfect, and Mr. Green once remarked it would keep time for another three or four hundred years.

James I was also keenly interested in clocks. He brought from France a Scotsman named David Ramsay, who had emigrated to that country, and he became "keeper of all His Majesty's clocks and watches" and clockmaker extraordinary. Eventually he was in 1631 appointed first Master of the newly incorporated Clockmakers' Company. One of his noted clocks was acquired by a tutor or two back by the Victoria and Albert Museum.

Big Ben, the landmark for His Majesty's Parliament, may be looked upon as the greatest Royal clock. Putting Big Ben right is something of a chore. After midnight a man will climb the tower at Westminster, adjust the giant clock, and wait a short time to make sure the famous timepiece is working correctly.

Once an M.P. asked the First Commissioner of Works why Big Ben was slower than all the other clocks in the neighbourhood. The reply was that Big Ben was right and all the others wrong!

One could never expect the Royal servants to remember the many Royal clocks without help. So a careful inventory is kept by the Lord Chamberlain's Department of the clocks in all the Royal residences, two large volumes being necessary to confirm their description.

## Hairdressing

Just in case you boys have not noticed — there are actually girls in this school. This is a course offered to those apprentice hairdressers who wish to gain a permanent certificate in their profession.

Mrs. King, who has been at P.I.T. for three years teaching academic, and Mr. Snider, instruct this course. There are 23 girls and 4 lucky guys who will be enjoying each other's company for five months, when a new group of hairdressers arrive for their final training.

I was under the impression that these were girls starting from scratch and then going out to work, but that is not the way at all. To obtain your certificate you must have 5400 hours experience and can have up to 3 years to decide whether you want a permanent certificate or not. Also, as many other apprentices have at the school, they are getting paid while attending.

These girls have plenty of experience in all the latest fashions and hairdressing. We advise all people to pass the word on to your girl friends that they can have a complete beauty job for less than half the cost at a regular beauty salon. Oh yes — for the boys who do not bite their nails off between tests — the girls would love to hold hands with you and give you a manicure for a small charge.

We asked the girls what they thought of being in an all boy school. I think such comments as "Wow" and "Lovely" quite describe their feelings. However, they have one small complaint — how come you never hold doors open for these dolls? From talking to these gals, I think they are great and will add a little colour to our dismal lives of celibacy at P.I.T.

The hairdressing department is open to the public on Tuesday, from 9:00 a.m. to 1:00 p.m. and Friday from 9:30 to 1:30 p.m. For an appointment, contact the hairdressing department.

## How Observant Are You?

Did you know that the picture hanging in the library study — "Horses in the Rain" was done by our Mr. Davies of Architectural Building Trades? He brought the horses down from his summer cottage to give them a warm place for the winter.

## George Brown College Signwriting Student Wins International Recognition

Al Harris entered a contest held in the United States, the object of which was to create a painting to preserve the Living Memory of the late President Kennedy. This was held in October, 1966. In January of this year Al received an invitation to come to Washington from Senator Robert Kennedy. At this time Al expressed his personal wish to donate his painting to The Kennedy Foundation and in February he was advised that he was being sent on a World Tour accompanied by a Scroll signed by Prime Minister Pearson and to obtain the signatures of the Heads of States on this Scroll which will then accompany the painting.

Completed after two months work, the painting is titled "Trinphant Spire". The painting shows Mrs. Jacqueline Kennedy in mourning, at the bottom. Above is the President's grave with young John-John, walking over it in awe. Also on the grave is young Caroline Kennedy, lighting the "Eternal Torch". The upper part of the painting shows two portraits of John F. Kennedy, one in life and one in death, with the montage of President Abraham Lincoln. Two Cathedral spires symbolize J.F.K.'s religion, and a flag at half-mast and a crumbling White House painted black, symbolize the death of a young age from the pomp and ceremony of the Presidency. Al Harris leaves on November 17th on the World Tour and the congratulations and best wishes of every Student of George Brown College go with him.

## The Sounds of Silence

Dieter Huebner, Assistant Editor . . . and in the naked light I saw a thousand people . . . maybe more people talking without speaking, people listening without hearing. . . . So went a stanza of a song we all heard not too long ago, yet I can't help but to think back to it now, especially when we realize the plight of our school paper. Some schools seem to think that they have one up on us — that P.I.T. is nothing more than a school for RETARDED PEOPLE! Are you going to take that lying down? Indeed, even some members of the staff have experienced this attitude. One case is brought to mind, in particular. On telling an acquaintance that she worked for P.I.T., a staff member was surprised to receive the reply, "Oh, isn't that the school for the mentally ill?" Many students don't know that this school was once part of Ryerson. We see the reason why we should be regarded any lower in status than those attending this or any other institution of higher learning. Was this not the fight last year when we appealed to Queen's Park for a name change?

Granted, P.I.T. is primarily a technical school and unlike some other schools, we do not have a course in journalism or similar subjects from which we can draw students to help run the school paper. In this case it is entirely voluntary. Along with the students council, the school paper is the voice of the school and it is there for the benefit of the students . . . this means you! It has been stated that the inability to communicate is a sign of mental illness. Perhaps this is so, but you do not have to write. Some of us scrape through high school English, glad to be rid of it. If you have something to say, something that bothers you about anything, you should make your feelings known. Bring it out for the benefit of all. If enough response is shown, maybe we will be able to do something about it, which in turn will aid you. We may get better dances, and better service from the Students' Council, especially when they know there are people who care enough to do something more than fill air space during their stay at P.I.T. We need a little help from everyone, so please, if you can draw up cartoons, if you can write anything, if you can spare no more than 20 minutes of your time a week, then we need you. Unless we get the proper response, then, my dear friends and fellow students, this paper will cease to exist!

## News Staff — GLOBE

George Brown College  
of Applied Arts & Technology  
Sealth Campus

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Editor: Barbara Loubert — Jewellery Art.

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Tony Hassel — Photography — E.L.T. — 2C Reporter.

Wayne Weaver — Photography — E.L.T.

Bill Rogozza — Photography — E.L. 2C.

Franc Guidice — Reporter — E.L.T. — 2C.

Jim Mullin — Reporter — Instrumentation Tech. 1.

Jack Hampsey — Reporter — Instrumentation Tech. 1.

Arman Badgalitayn — Cartoonist — Signwriting.

James B. Forsyth — Elect. 11C — Electronics.



## Educational Conference Between Western Technical School and George Brown College

A conference was held between the Western Technical and Commercial School Staff and their counterparts at George Brown College of Applied Arts and Technology on November 30th, 1967 at Seath Campus.

The conference was to strengthen our programmes and improve our relationships with the Secondary Schools in the City of Toronto. The participants were:

### WESTERN TECHNICAL SCHOOL

Messrs. T. DiPietro, T. Elliott, F. Flanagan, E. Gowland, R. Hall, F. Kingstone, E. Marsden, H. Ohm, C. Taylor.

### GEORGE BROWN COLLEGE

Messrs. B. Beetles, P. Blain, N. Ekland, E. Gordius, B. Gordon, J. Harris, T. Holmes, H. Kielman, V. MacLennan, J. Mills, H. Mitchener, A. Pound, T. Teng, R. Ziegler.

Other out of town guests who arrived early Nov. 30th were Messrs. William R. Green, Norman G. Hopkins, and W. Stickhaller from the H. G. H. Beal Technical High School in London, Ontario. These gentlemen following a tour of the Areas of their interest were also luncheon guests.

Problems concerning both levels of education were discussed. This indicated that consideration should be given to the following:

- The development of ways to improve the status of Vocational Education and the skilled trades in order to create a greater interest in Vocational Education on the part of both Parents and Students.
- The need for great flexibility re entrance requirements (individual considerations).
- Motivation and not marks alone should be the foremost requirements with the inept screened out by the Admission Tests at George Brown College.
- Equalization through summer courses of grade 12 students, both academically and technically for entrance into George Brown College.
- That greater emphasis be given to physics, mathematics, chemistry, for students desiring post secondary training in one of the Colleges of Applied Arts and Technology.
- The recognition that in 10 years from now, the completion of two years beyond secondary school will be as essential as the completion of a secondary school program.

It seemed most encouraging that the Administration of the George Brown College continues to forge ahead by developing communication lines to other levels of education serving us in a better understanding of the WORLD of To-day.

Ed. Gordius,  
Guidance.

Then there was the Bell Ringer who got tangled in the rope and tolled himself off.

## OUR NIGHT SCHOOL COURSES ROLL OUT!!

GERALD B. DINER  
4 PARK LANE  
172 CHELMSFORD ROAD  
DURBAN, SOUTH AFRICA

28th November, 1967

W. Walton Esq.,  
Provincial Institute of Trades,  
TORONTO.

Dear Sir,

I note from the September 1967 issue of the Carpet Review that you will be directing the planning for a course dealing with all aspects of the floor-covering business to be held at the Provincial Institute of Trades, Toronto.

It would be appreciated if you will inform me whether the course will embrace both soft and resilient (or smooth) floorcoverings. By the terms "soft floorcovering" I mean carpets, needlefelts etc., and similarly by "resilient floorcoverings" I mean linoleums, rubber, vinyls, etc.

Since I am in urgent need of this information, I hope that you will not take it amiss by asking for an anticipated reply hereto per return of post.

Thanking you in anticipation,

Yours faithfully,

GERALD B. DINER



From left to right: PAUL BLAIN, Drafting Dept. (arch) G.B.C.; R. HALL, Arch. Drafting Dept., W.T.C.S.; A. POUND, Head, Drafting, G.B.C.; E. GOWLAND, Mech. Drafting, W.T.C.S.



Left to right: G. GORDON, Electrical Department, G.B.C.; E. MARSDEN, Electrical, W.T.C.S.; R. ZIEGLER, Head, Electrical Dept., G.B.C.; T. TENG, Electronics Dept., G.B.C.; H. OHM, Auto Mechanics, W.T.C.S. Back to picture: H. MITCHENER, Head, Electronics, G.B.C.

## What Is A Father

A father is fury and kindness all rolled into one.

He's a breadwinner who tries not to ask for compliments, but melts when a little person says "thank you."

He's sunshine on a rainy day.

A father cares beyond believing: About the scratch on a youngster's knee . . . a wife's tears when the cheque book doesn't balance . . . and a broken window that nobody remembers breaking.

Dad takes to fix leaky faucets, drippy noses, lawns that need fertilizing, rooms that need painting.

Dads love baseball and home cooking and television. And quit.

A dad bestows on his sons all the dreams he hasn't been able to make come true. And on daughters all the happiness he has ever known.

A father is a little boy all grown up. With love.

And were there the cannibals who boiled the lawyer a long time because they liked legal tender.

## News In Brief

With the lack of a suitable drag strip in the Toronto area Mosport Park Management has been investigating the possibilities of installing a drag strip in the centre of its property.

British Motor Corporation of Canada has announced price reductions ranging from \$50 to \$100 on its cars sold in Canada, due to the devaluation of the British pound.

American Motors Corporation Javelin is now in competition with other big name sports cars such as Mustang, Camaro, and Barracuda. The top-of-the-line model comes with: 343 cubic inch 280 Horsepower V-8, optional four-speed transmission, power disc brakes, heavy duty springs, sway bar and appearance kit.

Transport Minister Irwin Haskett feels that any road damage caused by studded snow tires is more than compensated for by the many lives they might save. The studs are available at most retail outlets and cost 8 to 10 cents each. Average tire 80 to 110 studs.

Enjoy your Christmas holidays and please drive carefully.

## Watch Those Changes In The Canada Pension Plan

Because of the increase in the cost of living index changes in the Canada Pension Plan will take effect January 1, 1968:

- Payments, due for the first time, will be raised from \$104.17 to \$106.25 per month.
- Maximum pensionable earnings move from \$5,000 to \$5,100.
- Maximum annual contributions by employers and employees will be \$81 each in stead of the current \$79.20.
- Maximum annual contributions by self-employed persons will go from \$158.40 to \$162.

## Medical Facilities

The Health Centre for the use of the students and staff is located in Building #1 on the main floor across from the Administration Office and beside the library.

While the comprehensive medical care is beyond the scope of this Centre, the following services are provided:

Emergency care for accident and illness occurring at school.

Elective care for illness of non-acute nature to enable a student to stay at school for the day or to offer him support until he can contact another agency.

Counselling with the nurse on personal or family problems. (All information is held confidential)

Referral to practitioners and special clinics.

Consultation (by appointment) with the Health Centre physician on personal problems.

A broad program of Health Education to realize the value of good health, diet, rest, recreation, fresh air and exercise.

Some miscellaneous services such as, active immunization against tetanus and poliomyelitis, smallpox vaccination, infra-red therapy, facilities for rest, etc.

This Centre is staffed by nurses and physicians who are registered in the Province of Ontario and who are employed by the Ontario Department of Health. Medical records are kept in confidence and personal medical information cannot be forwarded to any agency without the consent of the person involved.

Ernest F. Allen, MDT 2M

### PAISLEY

Why do I look for way-out ways,  
And people I don't really understand?  
Why do I want to wear rags and go barefoot?

Why do I long for a soft bed of sand?  
Why is my heart bleeding with fright,  
And the same time free as the sea?  
Why do I wish to be everyone else,  
And still only want to be me?

I WAS I AM I WILL BE . . .

## What Would You Do If??

. . . IF the hood flies up as you are driving???

A. Check traffic in back of you, then brake slowly and head for the shoulder. Put down the window beside you and guide the car by leaning out just far enough to see what's ahead. When you slam the hood down be sure to engage both safety catch and hood-latching mechanism. The safety catch on late-model cars, located under the centre of the hood where it meets the grille, keeps the hood from rising in case the locking mechanism is released. If as you drive you notice that the hood is partially raised or looks as if it might fly up, it is probably held only by the safety catch. Pull off the road, unlatch the hood all the way and shut it tight.

. . . IF the engine catches fire???

A. Turn off the ignition immediately and use the fire extinguisher. A wool (not synthetic) blanket also will smother the flames. Snow will squelch them if it occurs in the winter time. After the fire is out, check sparkplug and other wires for burns. If you see any, the wire is in danger of shorting out and burning again because the insulation has been seared off. In that case, the battery should be disconnected and wires repaired before you drive again.

. . . IF you suddenly find you cannot steer???

A. Do not slam on the brakes. Put the gear shift in neutral and slow to a straightline stop. Set your hand brake. The steering wheel may be jammed because of lack of lubrication, among other causes. Or it may swing freely without turning the front wheels. This could mean a loose or broken tie rod, a loose steering wheel or a steering gear that is out of adjustment or worn.

. . . IF the brake pedal begins to feel mushy in billy driving???

A. Stop and let brake linings cool fifteen to twenty minutes. Constant braking on a downgrade overheats and actually burns brake linings. The mushy pedal is your warning. Unless you heed it, eventually you may have no braking power at all.

## Jewellery Arts Class Meets Contemporary Designer — Mr. Andrew Grima

During British Week in Toronto the Jewellery Arts class took time to see Mr. Andrew Grima and his eye-catching display of contemporary jewellery at the main store of Birks Jewellers on Yonge Street. For some students this was the first encounter with this highly interesting gentleman, while others had already had the opportunity to compare notes and ask questions during Mr. Grima's first visit to Toronto this spring.

Mr. Grima is of interest to the jewellery trade in that he is an innovator of contemporary jewellery design. His designs break away from traditional jewellery. His designs are also one of a kind items or designed for the individual customer as the case may be. The customer in turn is assured that she has a jewellery piece which will not turn upon the person of a friend sitting on the opposite side of a room at some party or gathering . . . a privilege for which she pays accordingly as these designs are very costly and beyond the budget of many.

Mr. Grima entered the jewellery trade almost by accident. Originally set to graduate as a mechanical engineer at Nottingham University, his training was interrupted by the war. After serving in the army for five years as an engineer, he married the daughter of a Viennese jeweller and left his original goal to join his father-in-law's firm. During this time the jewellery trade was at a slump—overseas markets closed and the home market was severely restricted by purchase tax. As the tax position improved with the succeeding years, the company began to recover when by 1956, Grima was holding his "own" in competition with foreign imports. In 1961 his company

came to the attention of the international scene when more prizes were won than anyone else in the De Beers Diamonds International Awards. In 1966, Mr. Grima won the Duke of Edinburgh's Prize for elegant design.

Mr. Grima feels his engineer training helped him with his designing in that he feels it has made him less restricted to trying out unique forms, being that he had no previous training in jewellery. Mr. Grima should be noted as his jewellery offers new ideas to the public, breaking away from the standard fare. As he aptly puts it: A lot of conventional jewellery is beautifully made, but has no design content. Present day output of his company, the H. J. Co. is enormous. Some 1500 new designs are produced a year. And exports exceeded £100,000 last year, even though a design is sold only once in each country. During his visit to this city we also had the opportunity to view slides of Mr. Grima's store in London, England. His store is unique in that one has to make an appointment with a secretary to gain admittance, a thing unheard of for Toronto at present for the jewellery trade or indeed the entire country. As Mr. Kielman pointed out, he only knows of one such store which is located in Montreal . . . an eye opener indeed. The layout of the store was quite unusual for what we generally associate with a store. Expensive modern furniture, deep pile carpeting and wide airy show windows were in evidence.

On behalf of the jewellery arts class I'd like to thank Mr. Grima for his time and co-operation in making us aware of the contemporary scene in jewellery and to Mr. Kielman for arranging the class trip to make it all possible.

## WE REMEMBER — NOV. 11, 1918-67



Province of Ontario and G.B.C. Wreaths at our Cross of Sacrifice



Dr. J. V. Mills, Ken MacLennan, Jas. Davison, H. W. Kielman, Colour Guard, Queen's Own — Sgt. Art Pennell, Noel Harding, N. Ekeland, Piper Apsley.

## SPORTS

It seems common knowledge that Mr. Drake's versatile personality involves him in various types of exciting and unusual activities. Besides championship handball for Canada, Mr. Drake has joined the Professional Actor's Guild. He will make his first professional appearance on national television some time in January or February on the Weisick series. Will he play the part of hero or villain? All I can tell you is to be sure you catch the program and find out.

An addition to our Phys. Ed. Department has been made, which should prove to be very beneficial. Mr. E. Linzon is formerly from Waterloo where is obtained a B.A. degree. He is currently enrolled in courses there. Mr. Linzon has an active year planned and is very hopeful of a successful hockey season. While enjoying all sports and the arts, he plans to marry soon (if he has time). But his main objective is to give a good program of Physical Education to the students of our school.

And by the looks of things, it should prove to be a good year for every student—athletic or not.

Swimming will be available at University Settlement. First date is October 20th. Check schedules for your time. You must provide trunks and towels or take the consequences. The settlement is within walking distance of the school.

A notice about the house leagues—please check your house name and upcoming events. The four houses are Alpha, Beta, Gamma and Delta, and with student support will provide enjoyment for many of the students in a variety of sports and activities.

Awards for athletic achievement will consist of the Carling Trophy and various other awards from the Student Council. All competing students will receive a school sports pin as a token of their good will and sportsmanship. Also a house league hockey game will be held at Alexander Park on Bathurst Street when the season arrives.

Mr. Drake is looking for a man or woman to head the job of directing our annual show. Please contact Mr. Drake at the gym office.

Activity cards are needed for those who wish to join the free golf or judo lessons in the gym, sponsored by the student council.

As you can see, the year is full of various events that should prove exciting and entertaining to everybody. Support your school teams and your class teams. If you're not playing, WATCH!

## Volley Ball

Friday, November 10, was our night for Volley Ball with three wins in three starts. All three games were against Ottawa and the scores went: 15-13, 15-12, 15-10.

The outstanding players were Bob Bates and Dave Wainwright. Ottawa's outstanding player: unavailable.

KEEP UP THE GOOD WORK!

## Hockey

Our first Hockey game was played on November 10 at 10:30 a.m. at George Bell Arena against Algonquin College. The game was played to a 4-4 tie.

### SOMETIMES

Sometimes

I think I am

really and

truly crazy.

Walking along

you have my

hand, and

we are together

and the world

is beautiful.

We run, and laugh

over details —

And I am so

much aware that

I am living!

I am alive!

And the world

is a wonder

of complexities;

and the world

is beautiful

all over again.

Bill Sluiman J. Arts I

## Basketball

The first basketball game of the season was played last Friday, Nov. 10, against Ottawa.

The game started at 6:45 p.m. At half-time the score was: Home, 15, Ottawa 26. The home team made a brilliant comeback in the second half, but to no avail. The final score: Ottawa, 53, Home 44.

The coach said the game was lost on foul shots. The statistics show: Ottawa — fouls 19 with 11 good; Home — Fouls 21 with 10 good.

The outstanding player for Ottawa was L. Lennox with 17 points and for the home team H. Cohen with 19 points.

Due to the fact that this was our first game and Ottawa's fourth game, the team made a good showing.

Michael Urbanski, Physical Education Publicity Director.

## Seven Community Colleges Form Athletic Association

Ontario's community colleges are participating in intercollegiate sports this year.

Seven of the 19 community colleges of applied arts and technology form the Ontario College Athletic Association and compete in basketball hockey and volleyball.

All 19 colleges will participate in the near future. Swimming, wrestling, boxing and golf will be added to the OCAA schedules.

Recently at George Bell Arena the Provincial Institute of Trades of Toronto lost 4-2 to Scarborough's Centennial College in an OCAA hockey game.

Ed Leeman, Rick Aube, Barry Janiesbroock and Bill Hibbits scored the Centennial College goals. Bruce Jackson and Harvey Ruth were the PIT marksmen.

## How To Live On \$75 Per Week Canada Manpower Allowance — Married Man, Wife & 2 Children

### BUDGET

Rent (\$90 per month)	\$21.00
Transportation (Gas or subway)	3.00
Doctor (O.M.S.I.P.)	1.20
Hydro	.80
Dry Cleaning & Laundry	2.00
Clothing (Children & Adults)	8.00
Food—Milk, Bread, Groceries	34.00
Miscellaneous (Cigarettes etc.)	2.80
Entertainment	.40
Hospitalization	1.80

75.00

The following is a budget designed to accommodate the Manpower allowance received by a married man with children. The budget has been tested and proven as a practical working one.

To make the plan work, each pay week begins on a Thursday and ends on Wednesday. On pay-day, the complete cheque going into an envelope marked BANK. From the BANK envelope, the pay is divided each Thursday into amounts indicated, and placed into the separate envelopes marked as rent, transportation, doctor, etc. Some weeks the BANK envelope will have surplus money but this is to be retained to make up for short-pay days.

This plan must be followed faithfully if it is to work. If the amounts do not conform to your particular needs, adjustments can be made, but once done they must be adhered to.

N. E. Ekeland, Guidance Director.

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TO STUDENTS WITH THIS AD



## What Is A Community College?

from Page One

technology, combined with two-year programs in such areas as data processing, and other business courses of shorter length.

4. Applied Arts Division: any number of courses for which there is local need. A number of such courses has already been mentioned in connection with Centennial College in Scarborough.

Generally speaking, admission requirements for the three-year college programs will be Grade 12 graduation from the Five-Year Programs of the secondary school; for two-year college programs, Grade 12 of any secondary school program.

But the colleges still have an important role to play: that which is usually identified as "adult education". The 1965 Act provides for this contingency. Any adult or out-of-school youth may if he has reached 19 years of age, be enrolled in an "appropriate course", regardless of previous educational qualifications. This means, of course, that some work in upgrading to meet the college entrance requirements to a given program will be necessary. It is possible that the entire retraining program instituted and financed through the federal-provincial agreement for manpower training will eventually be absorbed into the college system.

Any mention of adult education also brings to mind a host of casual comments to which, out of general interest, the citizens of Ontario flock, year after year. As the colleges develop and as libraries and other educational facilities are established within the system, more and more of such creative activity might well fall within the province of the colleges, the colleges thus becoming more and more community centres, or the most comprehensive type of "community colleges", and leaders in a truly democratic educational system.

Statement by the Department of Education to OACE, September, 1966.

## One Man's View

That Was Centennial!! Now What?

Have we really progressed since 1867? Of course we have. All you have to do is look around you.

Toronto, for example, has changed from its infamous Hog Town reputation to its present claim for fame as Sinog City.

In Ottawa, the party in power has changed, but instead of a pub crawling prime minister we have Lister Lester.

Montreal has changed externally, but the French still feel that they are being exploited by the large numbers of English speaking people. At Expo this year the separatists — who advocate setting up Quebec as a separate country with self-rule and financial support by the rest of Canada — reneged on their allegiance to De Gaulle and learned enough of the English language to skim quite a sizeable profit off the unsuspecting visitors.

According to the Dominion Bureau of Statistics, only 47.5 per cent of the people living in the Metropolitan Toronto area are native born Canadians. The question then becomes how do they identify these native born Canadians. Although this task seems impossible, in actuality it proves to be very simple. Native born Canadians can quickly and positively be identified by their conduct in elevators or subways, where they look neither right nor left, but stand or sit with their eyes fixed solidly on some object such as the floor indicator or stair unseemingly into dark subway tunnels.

These solid citizens wash their cars on Sunday, move their lawns at four o'clock in the morning and celebrate their national holidays by going on a trip to the United States. Most of all, native Canadian choose and elect officials who epitomize their own feelings and ambitions in life. Perhaps the best example of this attitude is here in

Toronto. We have a man who is a dynamic speaker, has a forceful personality, and can speak knowledgeably on almost any subject. You ask who is this Man? The Man, our own little bundle of energy, Mayor Dennison!

Sociologists, who have studied the Canadian People, have found them to be a friendly, but rather anxious group, held back by the fear that they have done, or are doing, or are about to do, the wrong thing.

Some typical phrases which would be helpful to you if you are planning to associate with the Canadian people would be: "I don't want to get involved ... I'll ask the wife and call back ... The Americans do it better ... I agree with you up to a point ..." etc.

The foregoing is the problem at the present time. With Centennial we have become better known throughout the world and have had a small glimpse at our own National identity.

What we do in the future with this small amount of national pride is ENTIRELY up to you and I.

Well, what are you waiting for? Get up, get started making Canada into the place where you would like to live, work and play.

P.S. I'm still waiting for some decent food at Snoopy Campus. But from the looks of it, I'll be filling the empty spaces in the afternoon meal with lots of free crackers washed down by a free cup of hot water with a lemon slice and sugar in it.

## It's Not What I Say

The crowd has gathered at a street corner, the spectators watch two hoodlums attack a solitary policeman. No one offers assistance.

Students are the same, they tend to be onlookers rather than get involved in school activities. This does not include all students, some are members of inter-school clubs, basketball, hockey, newspaper or student council but only a minority of the student body take an active part.

George Brown College is a good example of a school lacking in spirit. It has many good reasons to be this way: the split shift type of day, lack of girl to boy ratio, the disinterest of some teachers in arranging activities, the number of students that live out of town and who are unable to attend functions that are held at the school. All these and more lead to disinterest in school activities.

It's only when something emotional, like the school name, arouses everybody's interest and get them involved, but only on school time.

This quote is painted on a bridge in Thornhill, Ontario: I think it expresses all that is necessary, "Due to the lack of interest in today, tomorrow will be cancelled."

## A Big Thank You

Nurses Ruth Rule and Patricia Irving wish to say THANK YOU to a great many people. The Circle K Club, The Student Council, for the excellence of their "recording" job when over 1,000 people in the G.B.C. Family presented themselves on November 23 and 24th for the chest X-Ray Clinic. Our efficient health department and competent staff thoroughly appreciates such wholehearted co-operation.

THANK YOU

## Thank You Staff!!!

Yes, there are many calls upon your pay dollar, and late fall is not too propitious a time for financial campaigns. However, your total giving of over \$148,500 to the United Appeal was thoroughly appreciated.

THANK U STAFF

## HOMESTEAD RESTAURANT

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Where All The Students Meet

## George Brown

Who is he? Why have we? When will we?

There are many questions I suppose that are rumbling through your mind right now after hearing that our new name is George Brown College of Applied Arts and Technology. Whew! That's quite a mouthful, especially when you have to say it in two seconds flat so that no one will get tired of listening to you before you have a chance to even start talking.

George Brown, according to our past history, is a man closely associated with the Fathers of Confederation, having been a politician (Liberal in preference) for a good number of years. Most of you might know him as the founder of the Globe, which made an eminent journalist as well as a staunch politician. He came to Toronto in 1843, once residing on Church Street, some one hundred and forty nine years.

Today we have been given his name for our school. I found on reading about him that nothing more than pride and satisfaction evolved.

How about you?

## Students' Voice

OPINIONS by D.H.

Last year we had an article on how we feel about the girls attending this Institute. This issue we asked the girls how they feel about us ...

Question:

Asked of the girls: How does it feel to be a student in a predominantly male school?

No comment! B

Doesn't matter to me—I'm married. C.H.

I enjoy coming here. One feels important with the male attendance. Theresa J.

I think it's alright, but I wish this school had elevators for our use. A.J.

Ed: What, and let your figure go to pot! Those stairs won't harm you, besides they keep you in shape.

I find it's good for the ego. Since we come from an all girl's course, it is a change. Lynn.

Once they (the boys) get used to us, they're all right. S

I have a boyfriend so it doesn't really bother me. But I think it's nice to have both sexes around. Most of us didn't know about this school or were aware of such a variety of courses. Louise

Who me? I feel like a bug under a microscope! Jackie.

Ed. note: So there you have it fellows. To protect the girls initials or first names only have been used. To further confuse you, the course has been omitted ... Sorry, but this was done according to the wishes of the girls.

## Student Assembly

A most educational and certainly a most interesting speech was given to a small body of students by Father Oxley, a man of a thousand words.

He emphasized the various characteristics of peoples around the world, as compared with Canadians. For a moment or two after the assembly, I asked an individual, not a "foreigner" what he thought of Father Oxley's speech. He thought that the Father certainly knew his people. He felt that Canadians in general were a good people, often, influencing many visitors, and to a great extent, Canadian culture. He felt that Canadians must learn to accept these people and to develop a congenial atmosphere with them.

He thought Father Oxley was neutral, using a subtle approach in order to show his liking for and understanding of the various people he has encountered throughout his travels. He also felt that the people of other countries do, today, have more industrial worries, because basic survival forces many to develop the same competitive attitude as many Canadians.

Certainly, most of the student body profited by Father Oxley's words, for only experience can tell. But it must be related to others with fact, and I think, Father Oxley, deserves all the praise he gets.

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## Memories — from "The Four Winds"



James Davison — Vice Prince & Registrar Mrs. Jax, David, Noel Harding, Miss Janet Adams.



Mrs. G. Wragg — G. Wragg — Pres. Humber College, Noel Harding — Edwin Gordius — Guidance Dept.

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## Extends To You Hearty Good Wishes For The Yuletide Season

CONFINED

I want to run and fall in a field of daisies reaching far to infinity. I want to sing and hear and hear bells. I want to dance in the streets with rain falling from God knows where. I want to slide, tumble, and frolic in the snow.

I want to roam the countryside on a white hippo tossing crackerjacks and lollipops to all mankind.

I want to burst into a billion pieces and float away to Never-Never Land. But I'm tied to a weary and sleeping world.

Not caring enough to arouse itself.

Bill Shuiman  
J.A.I.

Seasons' Greetings

from

THORN PRESS

## Tailgaters a Menace

### Avoiding Rear-End Collisions

How many times have you driven along the highway, glanced into your rear view mirror and suddenly noticed another car less than one full car length behind you?

This situation has happened to most drivers, and can easily set the stage for a costly and involved type of accident. What can a driver do to avoid a rear-end collision resulting from a tailgater?

First of all, once you realize that the car is following too closely, make sure that the driver behind you always knows what you plan to do. Signal turns well in advance. Avoid sudden changes in speed. Concentrate on the road ahead so that you can anticipate danger well in advance. When you begin to slow down, use your brakes so your stop lights will provide a warning — then when you get a chance, pull over and let the other vehicle pass.

#### 2,138 INJURED

Last year in Ontario, 8,106 accidents were caused by drivers following too closely. Although only one person was killed, 2,138 were injured. Injuries in rear-end crashes occur in three basic ways: (1) when car occupants are smashed against the interior of the car; (2) when doors spring open and the occupants are ejected and (3) whiplash type injuries that occur when the head is snapped back.

In the province of Ontario, a driver convicted of "following too closely" loses four points on the demerit point system.

#### PRIMARY PROBLEM

On the open highway, maintaining sufficient reaction and braking space is the primary problem. The driver must decide upon a safe following distance, and then maintain that distance. The recommended formula for determining a safe following distance is one car length for each 10 miles per hour of speed. For example, if you are driving 40 miles per hour, stay back at least four car lengths. Four car lengths will not give you enough space to come to a full stop, but it will give you enough space to react to the lead driver's signals, and brake your car as he is braking.

### Your Food and Your Eyes

For a long time doctors and eye specialists have realized the effects of food on the health of the eyes as well as on the general state of health of the human body. So, one sure way to keep your eyes in good condition is to eat EVERY DAY the necessary foods.

To attain this goal, there is no better guide than "Canada's Food Guide" which tells you what foods to eat every day to remain healthy.

These foods are: **Milk, Fruit, Vegetables, Whole grain cereals, bread and butter, Meat or meat alternates, Liver, Eggs and Cheese** are also important.

These foods will provide your body with all the nutrients your eyes need to function properly and be healthy.

Nowadays it is believed that many nutrients are essential to good vision. Special attention however has been drawn on the importance of vitamin A and riboflavin (one of the B vitamins).

**THE FUNCTION OF VITAMIN A**—This vitamin plays an important part in being able to see in a dim light. It also helps to keep the eyes from infection.

Inflammation of the eye resulting from lack of vitamin A may even lead to permanent blindness.

**Best Sources of Vitamin A:** Liver, fish liver oil, green and yellow vegetables, yellow fruits, tomatoes, kidney, butter, eggs, cream and whole milk.

#### THE FUNCTION OF RIBOFLAVIN

—This vitamin keeps the eyes and skin in good condition. When a diet does not supply enough riboflavin, changes occur in the eyes and the eyelids. The eyes become sensitive to light and are easily fatigued. The vision is blurred and the eyes are itchy, watery, sore and sometimes bloodshot.

**Best Sources of Riboflavin:** Liver, kidney, milk, cheese and meat.

**Keep an eye on milk . . .**

#### ... EYES NEED MILK

No doubt you have noticed that milk appears on the list of foods that contain **Vitamin A** and **Riboflavin**.

Milk and milk products (cream, butter, cheese, ice cream) are excellent and practical sources of vitamin A. Moreover, riboflavin is the vitamin which milk supplies in largest quantity.

An easy way to obtain from your diet a good portion of the vitamin A and all the riboflavin you need is to drink every day at least the quantity of milk recommended in "CANADA'S FOOD GUIDE".

These foods are good to eat. Eat them every day for health. Have three meals each day.

#### MILK

Children (up to about 11 years)	2½ cups (20 fl. oz.)
Adolescents	4 cups (32 fl. oz.)
Adults	1½ cups (12 fl. oz.)
Expectant and nursing mothers	4 cups 32 fl. oz.)

#### FRUIT

Two servings of fruit or juice. Including a satisfactory source of vitamin C (ascorbic acid) such as oranges, tomatoes, vitaminized apple juice.

#### VEGETABLES

One serving of potatoes. Two servings of other vegetables, preferably yellow or green and often raw.

#### BREAD AND CEREALS

Bread (with butter or fortified margarine). One serving of whole grain cereal.

#### MEAT AND FISH

One serving of meat, fish or poultry. Eat liver occasionally. Eggs, cheese, dried beans or peas, may be used in place of meat. In addition, eggs and cheese each at least three times a week.

#### VITAMIN D

400 International Units for all growing persons and expectant and nursing mothers.

If you want to be alert and wide-awake, follow "Canada's Food Guide" and most of all . . . do not overlook **milk**.

### Have A Look

**THE IMPORTANCE OF EYESIGHT** No matter their shape, size or color, the eyes are precious. What an important part vision plays in human life! Every waking minute you need your eyes. For work or play, for reading or looking at your favorite TV program. Eyes are so wonderful that you must take the greatest care to protect them as long as you live.

#### EYE STRAIN

The most frequent causes of eye strain are prolonged close work and poor lighting.

To avoid eye strain you need good lighting whether it is natural or artificial. It is not economical to save on light. Artificial light will not harm the eyes if it is properly shaded. Television is not harmful to healthy eyes but shows up weak eyesight. Sessions of close work should be broken up by periods of rest.

#### ACCIDENTS

When something gets into the eye, have it removed without delay by a qualified person. When handling corrosive products apt to splash, wear goggles. Wear them also to minimize the glare of bright lamps, jolts, sun, etc. For any infection of the eye, consult a physician. The only safe home remedy is the eye bath with sterile water.

#### THE HEALTH OF THE EYES

Eyes have been called "the windows of the soul" but they are also those of the body. By looking at one's eyes you can read one's feelings: joy, sadness, love, indifference or contempt, but the eyes show physical troubles just as readily and clearly. Very often the eye examination will help doctors to detect the onset of a disease.

Is it not true that you want to keep your eyes clear, sparkling and healthy? Besides avoiding eye strain, accidents and infections, give your eyes a better chance by watching your diet carefully.

Intuition is what enables a woman to contradict her husband before he says anything.

A bactericidal is like a new detergent: works fast and leaves no ring.

P.G. & E. submitted by Terry Canterbury

Appetizers are little things that keep eating until you lose your appetite. Richard Armour, *Good Housekeeping*

Personal manager to shapely blonde: "You're just the type we're looking for — we've decided to let some of our computers go."

Today's Chuckle, *Modesto* (Calif.) Bee submitted by James Kazakos

Sign on a New England tumbler: "He who has one for the road gets troops for chaser."

submitted by Louise Weiner

Female conversation usually consists of who, what, when and wear.

Dick Van Dyke

Many a Christmas tie is in a clash by itself.

Robert Orben

### G.B.C. Evening Classes

The following classes will start in January 2nd, 1968 on a two night a week basis between 7.30 and 10.00 p.m.

- (1) Plumbing Pre-Certification
- (2) Steamfitting Pre-Certification
- (3) Electrical Pre-Licence

Fee — \$20.00

#### PROMISE YOURSELF

To be strong that nothing can disturb your peace of mind.

To talk health, happiness and prosperity to everyone you meet.

To make all your friends feel that there is something in them.

To look at the sunny side of everything and make your optimism come true.

To think only of the best, to work only for the best and expect only the best.

To be just as enthusiastic about the success of others as you are about your own.

To forget the mistakes of the past and press on to greater achievements of the future.

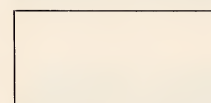
To wear a cheerful countenance at all times and give every living creature you meet a smile.

To give so much time to the improvement of yourself that you have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear and too happy to permit the presence of trouble. He's too fat to play golf. If he puts the ball where he can hit it he can't see it, and if he puts it where he can see it, he can't hit it.

Seat belts are nothing new. Grandfather had one hanging by the bathroom sink.

Cosmetics are a woman's means for keeping men from reading between the lines.



The empty picture does emphasize one important but basic fact! What you say! Take a long look and think. I've never seen such a lack of scholastic spirit as far back as I can remember in any schools as much as there is in ours. Now we are a college with a real name! What now? Complaints! I don't like that name. Oh! We have sports in this school! Good! I must be sure not to get involved. Damn it! There are far too many complaints and so few individuals to listen. Yes, I know I'm barking up the same old tree. But so are you. You people. Try a little harder. United Appeal participation was disgusting! Any more like that and we'll be appealing. Very soon now you will be asked to be part of your school. So celebrate the new name. Some of you have put your hearts into what you were asked to do, to you I say, thank you on behalf of all concerned, no matter what and when! But, for the other three quarters, at least think about it.

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**It took me fifteen years to discover I had no talent for writing, but I couldn't give it up because by that time I was too famous.**

Robert Benchley

### Students: Hear This

1. OMSIP . . . The Ontario Medical Services Insurance Plan helps pay for physicians' services whether performed in your home, the doctor's office or at a hospital. It is completely voluntary. It does NOT PAY FOR HOSPITALIZATION.
2. OHSC . . . The Ontario Hospital Insurance Plan offers protection against the cost of essential hospital care. It does NOT COVER MEDICAL OR SURGICAL FEES or in any way change the usual relationship between an insured person and his doctor.

#### QUALIFICATIONS:

- A. OMSIP . . . A resident of Ontario for 90 continuous days prior to making application. (Visitors, tourists and transients are not eligible). New Canadians who apply within the ninety-day period may count this toward the effective date of their approved OMSIP coverage.
- B. OHSC . . . The plan is OPEN to every RESIDENT of the Province of Ontario. There are NO MEDICAL examinations to pass, or questionnaires to complete. ONLY . . . Tourists, transients, and visitors to Ontario are ineligible.

**YOU CANNOT AFFORD NOT TO BE COVERED BY BOTH THESE EXCELLENT HEALTH BENEFITS** Do NOT WAIT until an accident or prolonged illness strikes and then WISH you and yours were covered. See Dr. Wills in the Guidance Office NOW. ACT RIGHT NOW. The next moment may be TOO LATE.

### Student Reduced Fares

FOR THE ONTARIO GOVERNMENT "GO" TRAIN ARE NOW AVAILABLE AND MAY BE PROCURED AT THE GUIDANCE OFFICE . . . FIRST FLOOR, BUILDING ONE.

As it takes several days to process the application your early signing of YOUR REQUEST for this courtesy will assist us to help YOU.

**DROP IN TODAY. TRAVEL FOR HALF FARE ON THE FAMOUS "GO" TRAIN.**

Get the Application Form from Dr. Mills, Guidance Office.